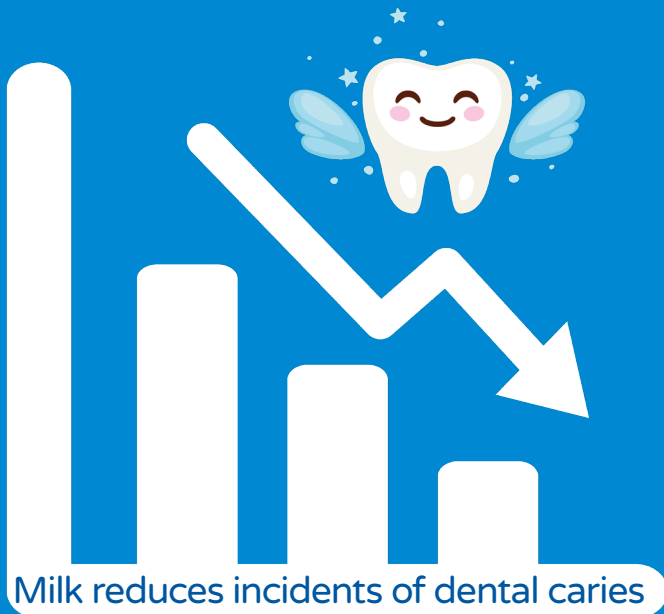


Milk and Dental Health

Protection against tooth decay



Cross-sectional data suggests milk may offer protection against the development of dental caries (tooth decay) and support dental health in children.



In the three cross-sectional studies concerning children (5-11 years), all reported an inverse association between milk (and dairy) intake and the incidence of tooth decay.

The nutrients calcium, phosphate and casein in milk may all play a role in milk's effect on dental health.

To reduce the occurrence of tooth decay, it is recommended that children limit their consumption of sugary beverages (especially when not consumed with a meal) and to increase the consumption of milk.



Key Scientific Papers

Llena & Farmer (2008) Caries Res. 42: 387-393.

Levina et al. (2007) Comm Dent Health. 24: 82-87.

Petti et al (1997). Eur J Epidemiol. 13: 659-664.

Petridou et al. (1996) Comm Dent Oral Epidemiol. 24: 307-311.

*The present infographic is based on evidence from three available studies in 5-11 year old children. All three cross-sectional studies report that the consumption of milk is associated with reduced risk of dental caries. Nonetheless, all of the above-mentioned studies have been of a cross-sectional nature. Therefore, a causal relationship between milk and dental health cannot be concluded. More research is certainly needed.

Cool Milk
www.coolmilk.com